

Artichokes

Braised Artichokes

INGREDIENTS

- 3 Lemons.....
- 8 large Artichokes.....
- 1 medium Yellow Onion, peeled.....
- 2 small Leeks, tops trimmed and green outer leaves discarded.....
- 2 Celery Stalks, trimmed and peeled.....
- 2 small Carrots, trimmed and peeled.....
- ½ cup Extra Virgin Olive Oil.....
- Kosher Salt.....
- 4 Garlic Cloves, peeled.....
- Freshly ground Black Pepper.....
- 2 Bay Leaves.....
- 4 sprigs of fresh Tarragon.....
- 4 sprigs of fresh Thyme.....
- 1 ¾ cups dry White Wine.....

PREPARATION

- Combine the juice of 2 ½ of the lemons and 2 quarts of Water in a large bowl. Trim each Artichoke, removing the stem, leaves, and choke and rubbing from time to time with the remaining half lemon. Set the trimmed Artichoke bottoms aside in the lemon water.
- Cut the Onion lengthwise, then slice thin. Quarter the Leeks lengthwise, then cut them into thin strips about 2 inches long. Thinly slice the Celery and Carrots. (You will have roughly equal amounts of Onion, Leeks, and Celery.)
- Heat the Olive Oil in a large high sided pot over medium heat until it slides easily across the pan. Add the Onion, Leeks, Celery, and Carrots, (the aromatic vegetables) to the pot. Season with Salt, then reduce the heat to medium low and slowly cook the aromatic vegetables, stirring occasionally, until they are tender but not brown, about 20 minutes. Add the Garlic and cook for another minute.
- Drain the Artichokes and add them to the pot. Add a little more Salt and Pepper, enough Olive Oil to coat the Artichokes, (about 2 tablespoons), the Bay Leaves, and half the Tarragon and Thyme. Mix gently and arrange the Artichokes in a single layer. Pour in the White Wine and enough water to cover the Artichokes, about 2 cups, and bring to a simmer. Partially cover the pot, reduce the heat, and gently simmer until the Artichokes can be easily pierced with a knife, about 30 minutes.
- Coarsely chop the remaining Tarragon and Thyme. Add the herbs to the Artichokes and remove the pot from the heat. Allow the Artichokes to cool slowly in the braising liquid, then garnish with the aromatic vegetables and some additional herbs. Serve at room temperature, chilled as a cold dish, or heated through.